



50 Bloomfield Avenue, Hartford, CT 06105

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Website: www.ushartford.com

**Office Administrator's Hours (adjusted for COVID-19): Tuesdays,
Wednesdays, Fridays and Saturdays, 9:00am to 1:00pm, or
email/call for an appointment.**

NOVEMBER 4, 2020

**Building Community Since 1830
Revs. Cathy & Heather Rion Starr, Co-Ministers**



Image: uudanbury.org

**LIVE Worship Service
November 8th, 2020, 10:00am
Joint Service with Danbury UU
"Now What?"**

**Rev. Meg Riley and the Revs. Rion Starr
Peter Meny, Worship Associate
10:00am LIVE Worship - Join us in Zoom [HERE](#).
Meeting ID: 984 2981 4848
Passcode: 283917**

This description, written before November 3rd, cannot imagine how we will feel or what we will need to share on November 8th. But we do know that, whatever else is happening in the world, being together is good, that we are more powerful together. A time to remember hours and days, months and years. Rev. Meg Riley is the Co-Moderator of the UU Association. This service will be in collaboration with the Unitarian Society of Hartford.

The Zoom room opens 9:50 am with music and a slide show; you will be admitted from the Waiting Room when you join. Please watch the recording *later* on our [USH webpage](#), [Facebook Page](#) or [USH Vimeo library](#)

**11:00am - Fellowship Time - LIVE with UU Danbury in
Zoom immediately following service.**

Join us and connect with the USH community!
[Fellowship Zoom](#) link.

We continue to support folks in learning how to use Zoom – email Buffie at hartforduusociety@gmail.com if you have trouble getting in so we can get you set up for next time.



Dear Ones,

I am in Lancaster, PA with President Susan Frederick Gray. Yesterday we were voter guardians at the UU church of Lancaster, a polling place. As you're seeking to ground

yourself in the waiting of today, check out this photos of joy at

the polls.

And join us tonight for the Community Gathering. Deep breaths, deep grounding. Photos can be viewed here:

<https://photos.app.goo.gl/aHEHKufEdqZjfjv99>

~~Rev.Cathy



USH Post-Election Day Community Gathering on Zoom

"We're All In This Together"

As the country waits for Election Results, we are holding a lot. Let's be together to give each other support and comfort for the way forward.

During this Community Gathering, we will center ourselves, ground in gratitude, be moved by music, share what's present -- difficult feelings, uncertainty, hope and anything else -- and gain new perspectives that will support us moving forward individually and collectively.

If you are weary, we are here for you. If you are hopeful, we are here for you. If you are afraid, we are here for you. If you are dreading, we are here for you. Come join us.

7:00 pm Join us LIVE in [Zoom](#).

Meeting ID: 967 9421 8534

Passcode: 800462

The Zoom room opens 6:55 pm with music; you will be admitted from the Waiting Room when you join.

Led by Martha Bradley, Lisa Galinski, Marye GaiI Harrison, Laurie Kelliher, Peter Meny & Rick Tsukada with Rev. Cathy Rion Starr.

All Are Welcome. Please share this invitation with anyone who may need community and support on Wednesday.

Join [HERE](#) via Zoom link!

Contact Martha Bradley or Lisa Galinski with questions.

UUA Post-Election Vigil & Community Gathering
"SPIRITUAL GROUNDING"

November 5, 2020 8:00 PM - 9:30 PM ET

Save the date. No matter the results of the election this year, we know we will want to gather in community. Please save the date and join the UUA, UU the Vote, Side with Love, and UUA President Rev. Susan Frederick-Gray for this event. Hosted on **Zoom, Facebook Live, and YouTube.**

<https://secure.everyaction.com/1J9kFPUuJkygDKAVQSVM7q2>



All Souls Presentation

Please view the presentation from Sunday's All Souls service [here](#).



Putting the Fun in Fundraising
USH 2020 Online Bidding has started &
Live Zoom Auction will be November 15,
11am

Check out the website

– togetherauction.com/ushartford

All sorts of items are there to bid on – a beautiful quilt, services (genealogy, create a will, ditch your cable and more), delicious holiday cookies, cakes, and pies, lessons for ballroom dancing, flower arrangements, even a COVID era necessity - infrared forehead thermometers!

Click the login button top right of the main website page to sign in so that you can enter your bids – be sure to check back each week for new items and to check if you’ve been outbid. Remember this is a fundraising and fun event for USH! Your winning bid helps support USH and you receive something of value you’d like, perhaps an opportunity to engage with someone new for a service-lesson-nature walk, or perhaps a holiday gift for someone.

It’s not too late to enter more items for the Auction!

The necessity of COVID precautions will certainly be the mother of invention - your creativity and imagination will bring smiles and fun. Some items involving meeting up will need to wait until we’ve turned the page on this public health challenge in 2021

You can enter donated item description on the auction website or re-use your description from the 2018 auction if you’d like to start there. Alternatively you can email us information about items you’d like to post on the auction site at

USH.auction2020@gmail.com and cc our auction chairperson Jon Covault at **jncovault@hotmail.com**.

Virtual Field Trip

Join Rev. Heather for a Virtual Field Trip with the topic being: will take in the General Assembly 2020 workshop: "Being a Social Class Ally for Social Justice," with Rev. Kimberly Johnson, Denise Moorehead, Diane Pansire, and Rev. Megan Visser

When: Thursday Nov 5th, 2020 10:00am
Where: <https://vimeo.com/showcase/7462757>

"CHOMP-N-CHAT"

**We are doing something fun and new
just because we miss YOU!!**

Come join your USH staff members on **Wednesday afternoons from 12:00pm-1:00pm** for a bit of chit-chat while we *chomp* on our lunches on Wednesday afternoons. Click the [ZOOM link here](#) and use **passcode 949938** to register & enjoy some casual conversations and just plain old "catch up" with one another. Bring your snack and we will **"see"** you there!!

RE News You Can Use: Rayla D. Mattson, Director of Religious Education

Hello USH Family!!

Please join our DRE for this week's story time.

<https://www.facebook.com/UnitarianSocietyOfHartford>

The youth group will meet this Friday at 7:00pm. Link to follow.

Be well, Rayla

**Rayla D. Mattson, Director of Religious Education
860-233-9897 ext. 104 | dre@ushartford.com**

I only check my email on Tuesday, Wednesday and Thursday.



Leaves for the USH Tree

**Your leaves from our
September Ingathering
mailing are in the Spiritual
Tool Kits or click**

**this [attachment](#) to print off
leaves, get creative & color or add
words, and mail them back so
that Buffie can add them to the
tree. Feel free to email her for a**

tool kit as well and she will be sure to reply ASAP as we all know how much Buffie **LOVES** this kind of artistic activity. Thank You~

News from the USH Board of Directors

USH Community, below is our current Building & Grounds policy as of October 21. Connecticut re-entered Level 2 reopening this week due to a rise in cases. Our policy is within CT health guidelines at Level 2 due to small group size. We have also increased air intake and turnover in Fellowship Hall.

We are asking everyone to please stay safe and consider whether virtual meeting options meet your needs at this time. Due to the increased infection rates, please read the safety guidelines in the [Meeting Request packet](#) carefully as you consider any potential in-person gathering. We are following a data-driven approach based on CT's Town-by-Town Map and our state color coded system. Be sure to have a conversation with your group about their thoughts and consider inclusion for those who are not able or comfortable meeting in person.

Thank you for your thoughtfulness and understanding.

Warmly, Lisa Galinski, USH Covid Team Co-Chair

Updated Building & Grounds Policy from the USH Board of Directors as of October 21, 2020

The importance of human and community connections has only grown stronger as the Covid-19 pandemic continues. Recognizing that we will be living with this reality for the foreseeable future, the Board is pleased to open our grounds and Fellowship Hall for small groups of up to 15 people.

The safety of our members, friends and staff will continue to be paramount. Recognizing that the public health situation is likely to fluctuate in the colder months, our [USH safety guidelines come from Connecticut business re-opening protocols and real-time public health data](#). We are [also keeping group sizes small on purpose](#). This approach will allow us to adapt based on the reality of our local health data and help each person and groups to have up-to-date information to decide whether you choose to meet in person or virtually.

If you would like to request meeting time for a group in Fellowship Hall or outdoors, please:

- Have a **conversation** among group members to be mindful of how to plan your meeting to be inclusive of folks who are not comfortable or able to join in person. We are working on setting up a Zoom link for the large television in Fellowship Hall and will let everyone know when that is in place.

- Use the [Meeting Request Packet](#) to request space in Fellowship Hall or outdoors for group meetings of under 15 people. Relevant CT state safety guidelines are a part of the packet and we ask groups to follow all safety guidelines to keep one another safe.
- Please make your request **at least 5 business days in advance** of your desired meeting time, as advanced planning helps our small staff plan for the enhanced cleaning protocols.
- Unfortunately, singing creates an increased risk for airborne transmission of the virus and we cannot permit singing indoors at USH at this time for safety reasons.

We are continuing these practices that have been in place since July 2020:

- Individual and small family group visits to the memorial gardens can take place at any time.
- Continue to schedule any visits to the office or for contactless pickups and drop offs in advance with our Office Administrator, Buffie Pinney, and our Rentals Manager, Rayla Mattson.
- Members of the Building & Grounds sub-council and USH Sexton Kevin Girouard will continue maintenance activities.
- Other than Fellowship Hall, all other areas of the building remain closed to meetings and groups. The playground remains closed.
- We will gather virtually for Sunday Services at least through the end of the church year.

We appreciate that limited access to the USH building and grounds can be difficult. Advance planning for visits and meetings in Fellowship Hall helps us to avoid unsafe situations, unnecessary confusion and inequities. Thank you in advance for your continued cooperation in our efforts to find a balance.

Thank you for your understanding during this challenging and ever-changing time!
USH Board and Ministers

USH Members are invited to attend our monthly Board Meetings

Next Meeting: Tuesday, November 10 at 6:30 pm on Zoom.

Zoom

link: <https://us02web.zoom.us/j/89043045367?pwd=QIBGZUQ0bGVhUkFNQ3Q2dFVZSjZJdz09>

Letter from USH President, Martha Bradley, September 15th, 2020

Dear Friends

Personally, I've never been a fan of the crazy, scary rides at amusement parks. I've always avoided the Hell Coaster and the Death Drop. Lately, though, it seems I haven't had a choice but to get on board. It has certainly has been a crazy ride these last six months! Many certainties, givens and expectations have been vanquished and have yet to be replaced. For most of us, anxiety remains high as we await a vaccine to eliminate Covid-19, and an election that we hope can help alleviate a myriad of other ills that afflict our country and the world. Not being able to get together with family and friends adds to our malaise at a time when community matters more than ever.

The USH community has met many daunting challenges in its 170-year history. I have no doubt that we are resourceful and resilient enough to meet the current challenges as well, and to use what we learn in the process to make our community stronger. It will require each of us answering these two questions; **why is USH important to me, and how can I help to keep it that way?**

Please don't misunderstand. I realize that we can't keep everything as it was and expect to remain relevant in a world that, of necessity, has moved on into a significantly revised version of the future. That will require our collective imagination and willingness to innovate. But we can help to maintain the essence of what originally drew each of us to USH. Maybe it was the compassion and welcome of a caring community, support in our spiritual search, the renewing inspiration drawn from Sunday service, an opportunity to join others in working for a social justice cause near to our heart.

How we do these things may look different going forward, but the reasons behind doing them remain: commitment to our seven principles, the wisdom drawn from our sources, and our need for one another. When you have your answer to the question of how you can help USH to remain an inspiring and supportive community going forward, don't keep it secret, share with the Board and ministers. We need to know where you see yourself helping, and what time, talents and resources you can bring to the effort. If you're not sure how to help, ask us. There are a variety of tasks large and small that might fit into and enrich your life and that of the USH community. It is definitely going to take all of us, working together through these challenging times, to realize a meaningful future for USH. Take care and be well.

All the best,
 Martha Bradley
 USH Board President
marthabradley49@yahoo.com

Your 2020-2021 USH Board

Martha Bradley: President
Lisa Galinski: President-Elect
Bob Hewey: Treasurer
Sarah Harmon McKenzie: Secretary
Peter Meny: Spiritual Life Council Chair
Jon Covault: Administration Council Chair
Judy Sullivan: Social Justice Council Chair
Tina Davies: Community Within Council Chair
Rev. Cathy Rion Starr, Co-Minister (ex-officio)
Rev. Heather Rion Starr, Co-Minister (ex-officio)

The latest financial reports for **July-August 2020** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **July 2020** have been posted. To view the USH Directory, Reports, meeting minutes and other church business information online, click [HERE](#). Contact Buffie Pinney at hartfordusociety@gmail.com for the username and password.

Social Justice at USH



Americans of Conscience Checklist

We know it's a lot to ask in the run up to the election, but even one action can make a difference. This week's AoC Checklist helps you support

Indigenous sovereignty, gun-free polls, pandemic relief, asylum-seeking families, and more. Then reward yourself with our list of good news. See more info

here: <https://americansofconscience.com/10-25-2020/>

Hello Philadelphia, Connecticut, All Souls DC, UU Church of Arlington UUs, and more!

Many thanks to the 50 CT UUs and dozen USHers who joined the All Ct phonebank this weekend. I have numbers to share with you:

* On Sunday with Pennsylvania Stands Up, 60 or so of you made 24,007 calls and had 1,033 conversations with central PA voters.

Holy cow!!

Many of you have heard me talk about making honey: that it takes 70 honey bees their lifetime's work to make enough honey for my morning tea (just 1/12 of a teaspoon each). Well, over 200 UUs each having just a few actual conversations each may not feel like much -- but it adds up to these numbers. We add our work to what UUtheVoters are doing across the country, for a total of over 2,700,000 voter contacts so far!

Thank you so much for coming out and trying phonebanking! A huge thanks to our Phonebank Squad and volunteers who helped folks get onto the phones and troubleshoot.

So, what's next

Vote

Make sure you have voted if you are eligible, and check on your friends and family. (You can have fun doing it and win prizes with PA Stands Up's Motivote - join our UU team here, wherever

you live).

Volunteer

We have phonebanks and textbanks nearly every day from now until the election!

Browse our events and sign up here: <https://bit.ly/UUTHEVOTEPA>

In deep gratitude, appreciation, and commitment to keep building towards beloved community after November 3rd,

~~Rev. Cathy Rion Starr



I PLEDGE TO

VOTE LOVE

in 2020!

★ ★ ★

Make your plan to vote!

Visit: www.uuthevote.org

I pledge to mobilize the electorate and UUs, understanding that we are unequivocally:

- Pro-Migrant
- Pro-Democracy
- Pro-Equity & Liberation Movements
- Pro-Human & Civil Rights for All
- Pro-Reparations
- Pro-Sustainability

Text VoteLove to 51555 for updates.

Please Confirm Your Voter registration here:

<https://www.usa.gov/confirm-voter-registration#item-214522>

GHIAA News Updates

1. Read the update from GHIAA Executive Director Cori Mackey and including updates on GHIAA campaigns for anti-racism training, education, housing, criminal justice reform, healthcare and gun violence at <https://cljct.org/ghiaa-update-from-executive-director/>.

To get involved with GHIAA, contact Judy Sullivan (jasullivan57@gmail.com).

BLACK LIVES MATTER

USH has lawn signs available for a donation of any amount made to USH, or any other organization involved in this work. Please email Virginia de Lima vadelima@yahoo.com to express interest and to arrange for pickup.

Programs for Adults and Families



Faith Forward - Inquirer Series

Revised schedule for "The Inquirer Series" and more

- 1.** Nov. 4: postponed. This will allow you to attend a session about the election if interested. The info is listed in E-mail below on Nov 4 or Nov 5. and some of it is still forthcoming.
- 2.** Nov. 11: Adult Programs and the Caring Community to Wednesday, November 11 at 7:30 p.m.
- 3.** Nov. 18: Green Sanctuary and Social Justice (still in process of confirming the presenters)
- 4.** Dec. 2: Faith Development for Children, Youth, and Being a Multigenerational Community.

There is no charge but pre-registration is requested by E-mailing Carolyn Carlson at carlsoncjc@gmail.com.

The USH Book Club meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30, via Zoom. All adults in the USH community are welcome. Please contact Ginny Allen at fiddlenurse1@gmail.com if you'd like more information or if you want to join. An email with Zoom link will be sent a day or two before the meeting.

Books chosen for the year are:

NOVEMBER 12 – *The Orphan's Train* – Christina Kline

DECEMBER 10 – *Enemy of All Mankind: A True Story of Piracy, Power, and History's first Global Manhunt* – Steven Johnson

JANUARY 14 – *The Devil's Due* – Bonnie MacBird

FEBRUARY 11 – *The Great Indoors: The Surprising Science of How Buildings Shape Our Behavior, Health, and Happiness* – Emily Anthes

MARCH 11 – *A Peace to End All Peace: The Fall of the Ottoman Empire and the Creation of the Modern Middle East* – David Fromkin

APRIL 8 – *The Gone Dead* – Chanelle Benz

MAY 13 – *The Way of Gratitude: A New Spirituality for Today* – Galen Guengerich

JUNE 10 – *White Fragility and Racism: Why it is hard for White People to talk About Racism* – Robin D'Angelo and Michael Dyson

JULY 8 – *The Bear* – Andrew Krivak

Programs:

Artist's Way Group: Meets on Mondays 6:30 – 8 p.m. via Zoom using Mira Kirschenbaum's book ***The Gift of A Year*** as the basis for our conversation. We focus on living creatively, with the appreciative eye of an artist; creative expression of all types and stripes is celebrated, though not required. If you're interested in joining us, mark your calendar now, and look for contact info here in early September. Contact Tina Davies for more info at [**daviesush@gmail.com**](mailto:daviesush@gmail.com).

Caring Network: This year's meeting dates via ZOOM. **2020:** 11/8, 12/13. **2021:** 1/10, 2/14, 3/14, 4/11, 5/16, 6/13. Meetings will be ZOOM meetings at **12:15pm**.

20's/30's Group: Get together with other 20s and 30s who are social distancing and feeling the need for connection! If you would like to join us

for our next online gathering, please email Tara Cote at tcote11@gmail.com.

Accessibility and Inclusion Ministry (AIM): USH Member Doris Maldonado is in need of help with this ministry. Please contact her at unicas.miracle@gmail.com if you would like more info. The USH AIM task force, many of whom identify as having a disability, are charged with the following mission: To welcome, integrate, and support people with physical or psychological disabilities and their families in our congregation. For more info click [HERE](#).

Disability Support Group: This group has moved its gathering online. Please reach out to the facilitators for more info. In this group participants discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of caretaking a loved one. What is said in the room stays in the group. Call Bill LaPorte-Bryan for more information at 860-308-2688 or email him at b37bryan@gmail.com.

Tai Chi: is canceled at USH through December 31, 2020. However, the instructor Lucky Luckingham will be offering Tai Chi three days a week from his home in South Windsor. If interested please contact Lucky directly at stephen.luckingham@gmail.com.

Would You Like Support?

Worrying does not take away tomorrow's troubles; it takes away today's peace. These are strange times indeed. Our accustomed normalcy has been up-ended. It's natural to feel shaken under these circumstances. However if you find yourself unusually worn down by worry, nervousness or loneliness during this pandemic, your ministers have assembled a small team of counseling professionals. They have volunteered to offer free, supportive, confidential, one-on-one phone calls. If a phone session or two would feel helpful to you, please do not hesitate to contact either Rev Cathy at revcathyrionstarr@gmail.com or Rev Heather at revheatherionstarr@gmail.com. We are all in this together and together we will stay strong.

May we all stay healthy, happy and connected.

Take Them A Meal for Rayla
Meals needed for the Mattsons:
Help feed Rayla, Bradshaw, Kennedy, and Sage while Rayla is dealing with chronic pain. Kid-friendly food for growing kiddos is most helpful.

<https://www.TakeThemAMeal.com/NIBG1576>
password 1830

From the USH Caring Network: Please inform the Caring Network of needs, or volunteer your services. If you know of any member experiencing some difficulty, please contact Eve Pech or any member of the Caring Network so we can provide some assistance. A wide range of community services is also available to those in need by calling the Community Info Line at 211.

Church Business News



New Member Welcome

Please welcome **Heidi Barter** as our new member.

Heidi attended USH as a child and young adult with her parents, Edward and Marion Richardson. She is a life-long resident of Glastonbury and has a 29-year-old son, Nick, who also attended USH for years with his grandparents. Heidi has been employed at KPMG LLP in Hartford for almost 32 years. She loves dogs, especially her German Shephard, Timmy. She is an avid reader, enjoys walking and it's no surprise, she appreciates trees! Heidi is a fan of the beach and especially enjoys Martha's Vineyard where she vacations annually. She can be reached at **hbarter64@gmail.com**.

Collegial Request from Rev. Tony Lorenzen:

Hello Dear Colleagues,

The Mattatuck UU Society in Woodbury, CT is looking for a part-time religious educator to help coordinate our efforts. If you know anyone who might be interested, please pass this along. If you are able to post it or include in any congregational communications, I'd be deeply grateful. See info **below**.

In Faith,

Rev Tony

Minister, The Unitarian Universalist Church in Meriden

and The Mattatuck Unitarian Universalist Society

cell: 508-344-3668

revtonyuu@gmail.com

Twitter @revtonyuu

Facebook facebook.com/RevTony

Website: <http://revtonyuu.com>

JOB LISTING: Part-Time Religious Educator

The Mattatuck Unitarian Universalist Society (MUUS) is seeking to hire a LIFESPAN FAITH DEVELOPMENT COORDINATOR (LFDC) for a quarter time position (10 hours per week). MUUS is a relatively small congregation located in Woodbury CT.

The position requires working in collaboration with the Minister, other staff and the Lifespan Faith Development Team. The LFDC will work with our volunteer and staff leaders to support our evolving vision and framework for a vibrant lifespan faith development program for all ages.

- Strong communication, leadership, organization and administrative skills are required.
- Programs in the near term are expected to be held online, and will require proficiency with Google Suite, MS Office Suite, Zoom, Website Content Management Systems (such as WordPress), Social Media (YouTube, Facebook, Twitter, Instagram, etc.), and basic visual and video editing programs;
- Trained/experienced educator, education administrator, or volunteer manager in related field preferred;
- Knowledge of and enthusiasm for Unitarian Universalism, including its education philosophy preferred.

We offer compensation that meets fair compensation guidelines of the Unitarian Universalist Association.

To apply: Submit Resume to re@muusct.org

For More information contact Rev. Tony Lorenzen at 508-344-3668

A Message from Director of Music Sam Moffett

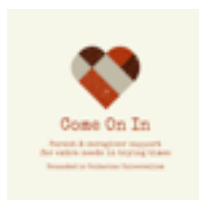
Hi USH! Due to certain USH responsibilities getting heavier and a lack of attendance, I'm going to suspend my bi-weekly concert series for now. I look forward to doing other concerts at USH in the future, and I'll see you all on Sundays for worship.



CommunityNOW: Please see this online calendar compiling what other UU churches and organizations are doing

during this pandemic. Check out some new programs **here!**

News in the Larger Community



Come On In support group

Providing care for loved ones who have extra needs** can be an isolating experience in the best of times. And these are not the best of times. This group aims to lessen the isolation that caregivers of folks with extra needs experience, particularly during this pandemic

time.

It is so easy to feel alone amidst friends & acquaintances whose charges have more typical needs & challenges. We each approach our situation in our own unique way; having the support & understanding of others who travel similar paths can bring much needed comfort and connection and can help relieve some of the stress you may feel.

My hope is to offer, within a UU context:

- An opportunity to care for yourself and receive some of the support you need.
- A chance to meet other caregivers
- A way to give & receive informal, structured support.
- A space that holds our complex emotions & experiences in confidence & respect.
- A group with clear guidelines & ground rules.
- Support and a chance to talk about how you're coping with the tougher aspects, if you want to. Anxiety, shame, sadness, guilt, fear & other challenging emotions arise for so many of us.

****As defined by you:** If you wonder whether or not your loved one fits into that category, they probably do; if you wonder whether you're a 'caregiver,' you probably are.

LOGISTICS

- The group meets on zoom the 1st & 3rd Saturdays of the month, 9:30 - 10:40 a.m. EDT/EST.
- It's not a problem if you can only attend part of a session, or if you need to duck out to tend to your loved one, or if you're interrupted; this is the nature of our caregiving.
- Email uusupport@icloud.com for zoom link, questions & further guidelines.

Bio: Li Kynvi brings both personal & professional interest & experience to this support group. Li is working on their MDiv at the UU identity school Starr King School for the Ministry and is currently a Candidate for UU Ministry. They have also worked as a music therapist & licensed mental health counselor for 23 years. Li is the parent of two: a 16 year-old son who is delightful, musical, relational, non-verbal, blind, 4-5 months old developmentally, and does not sit or stand independently; and a 22 year-old daughter who also has a complex story. Li identifies as gender non-binary, uses they/them pronouns, and lives in Massachusetts.

Our sessions from now to the end of the year will be:

Nov. 7
Nov. 21
Dec. 5

Dec. 19

<https://us02web.zoom.us/j/6291627339>

Meeting ID: 629 162 7339

Mobile: +13017158592,,6291627339



Paper Grocery Bags needed!

Hartford Mutual Aid is collaborating with a Faith Based Alliance for Community Support with our sister churches in the North End: Urban Hope, St. Monica's, and Greater Refuge, to provide breakfast and groceries to families in need. They need lots and lots of paper grocery bags! Please drop yours off at USH (there's a bin at the front entrance) or at the Revs' home this week.

They are also looking for volunteers to help with food distribution (with strict safety protocols and PPE provided) - sign up at www.mutualaidhartford.com.

COVID-19 Hartford Community Resources

A way for Hartford residents to connect with Hartford resources and beyond...

For City of Hartford updates go to: <http://www.hartford.gov> and follow <https://www.facebook.com/Hartford311/>. See full article [here](#).

~Provided by USH member, Wildaliz Bermudez (<https://wizandjosh.org/>).

Resources for the food insecure and places to give:

These are tough times for many folks already living paycheck-to-paycheck and/or food insecure. If this is you, please reach out to

the Revs so we can mobilize some financial and/or food support for you. Here are a few community resources for food in particular:

- Bloomfield food for kids: Carmen Arace Middle School food pick-up: Breakfast 8:00-9:00am and lunch 12:00-1:00pm. It's a drop-in pick-up only.
- West Hartford Meals for kids and adults: <https://www.smores.com/jxwvz>
- Hartford meals for kids: <https://ct-kids.org/>
- Foodshare has mobile sites for food pick up. Click here for more info: <http://site.foodshare.org/site/PageServer?pagename=coronavirus>

Foodshare welcomes your financial contributions and is in need of volunteers especially right now. They have extra safety precautions in place. If you are not already high risk, please consider signing up. The Universalist Church of West Hartford is working to keep their pantry functioning and could use volunteers who are not in the high risk categories (underlying pulmonary/cardiac/immune issues or diabetes...and/or 50+ years old). Call Jacob Lee, their food ministry coordinator, at 860-233-3669 x109 if you are interested in helping through the coming weeks and months. See more here: <https://www.feedingamerica.org/research/coronavirus-hunger-research>

For questions about Coronavirus in CT, call 211 to talk to a person 24-hours a day, 7 days a week. The hotline is for general questions about COVID-19. If you're experiencing symptoms, contact your medical provider.



Please contact our Office Administrator, Buffie Pinney, with any administrative questions or concerns. Buffie is working on Tuesdays, Wednesdays, Fridays and Saturdays from 9am-1pm. While the church remains closed, please email at her at [**hartforduusociety@gmail.com**](mailto:hartforduusociety@gmail.com).

Buffie's always happy to hear from you!

More In This Week's Enews:

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[Connection Circles](#)

[Events & News of Our Community](#)

[Meeting House Presents](#)

[Upcoming Events & News in the Larger Community](#)

Missed Last Week's Enews? Click Below:

<http://www.ushartford.com/nourishing-spirit/newsletters/>

See Articles and News for USH and the Surrounding Area you may

have missed or find a link to the USH Facebook Page [HERE](#).

Please consult our Online Calendar regularly for all upcoming events coordinated by the

Unitarian Society of Hartford: www.ushartford.com/events/

To submit a Calendar Request (also for an online USH Zoom Room gathering) click [HERE](#).

To read the USH Blog click [HERE](#).

E-News Contributors please take note: The deadline for USH E-News submissions is *Tuesday at 12 Noon*. Please include the dates that your submission should be included in the 'Subject' field.

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*The deadline for USH-Enews submissions is **Tuesday at 12 Noon.***

Email to: hartforduusociety@gmail.com

Please note in the subject line "USH-Enews." Thank you for your submission!

Peace – as we come to the close of the USH-Enews week.

Be kind to others – and to yourself.

Our Unitarian Universalist Principles: The member congregations of the Unitarian Universalist Association covenant to affirm and promote: the inherent worth and dignity of every person; justice, equity, and compassion in human relations; acceptance of one another and encouragement to spiritual growth in our congregations; a free and responsible search for truth and meaning; the right of conscience and the use of the democratic process, within our congregations and in society at large; the goal of world community with peace, liberty, and justice for all; respect for the interdependent web of all existence, of which we are a part. Consider the proposed 8th Principle as well! <https://www.8thprincipleuu.org/>.

